

## Safe Routes to School

*Healthy Works*, which is the County of San Diego's Communities Putting Prevention to Work (CPPW) program, is funded by the federal Centers for Disease Control and Prevention through the American Recovery and Reinvestment Act from March 19, 2010 to March 18, 2012. The goal of the grant is to reduce chronic disease through environmental and systems changes that target three focus areas: healthy physical activity, healthy nutrition, and healthy school environments.

### **Focus Area:** Healthy Physical Activity

**Background:** One way to increase physical activity is to enable children to incorporate walking and biking into their daily travel. In 1969, 50% of all children walked to school; today, only 15% of America's children walk or bike to school (U.S. Centers for Disease Control and Prevention). Successful Safe Routes to School (SRTS) programs have been able to increase walking to school by more than 50% and bicycling by more than 25%.

### **Outcome:**

- Encourage comprehensive SRTS programs regionally and create exemplary programs that can serve as models for the rest of the county.

### **Deliverables:**

- Coordinate the development of a region-wide SRTS Strategic Plan and organize an ongoing regional SRTS Coalition.
- *Safe Routes to School Capacity Building and Planning Grants:* SANDAG will award five grants of \$50,000 for a total of \$250,000 to support comprehensive Safe Routes to School planning.
- *Safe Routes to School Education, Encouragement, and Enforcement Grants:* SANDAG will award five grants of \$10,000 for a total of \$50,000 to fund programs that encourage and educate students, parents, school officials, and other community stakeholders on walking and bicycling to school safely.
- Develop and implement an active transportation campaign for school trips to support SRTS strategies.

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